

Name of thesis:

The effect of alcohol on performance in sport climbing

Abstract:**The goals:**

The aim of this thesis is to assess the influence of alcohol on performance in sport climbing.

Methods:

There were six climbers (4 men and 2 women) with average age $24,8 \pm 4,5$ in this study. Before the test, the first group of climbers had to drink fruit juice mixed with 0,6 ml of 100% alcohol per 1 kg of their body weight, or the fruit juice itself. 60 minutes after ingestion of alcoholic or nonalcoholic beverage, balance abilities on the pressure board, absolute hand grip strength and specific test of speed and power endurance were measured. This measure was repeated after 48 hours, when the alcoholic beverage was given to the other group of climbers.

Results:

After ingestion of alcohol, there were noticed decrease in power endurance of 14, 8% and decrease in specific climbing speed of 39,7%. The absolute hand grip strength was the same in both cases. During the measure of balance abilities, there was noticed decrease of 6 % in trajectory of pressure point at one minute standing on one leg after ingestion of alcohol.

Conclusion:

The alcohol had a negative impact on performance in sport climbing. We noticed no effect on maximal strength of finger flexors and only minimal effect on balance abilities.

Keywords:

Alcohol, sport climbing, ethyl alcohol